



## THERE'S STILL TIME FOR A HEALTH AND FITNESS HOLIDAY THIS SUMMER

**As Britain's incredible summer weather seemingly draws to an end, there is still enough time to plan a getaway and find somewhere sunny.**

Health and Fitness Travel, which specialises in wellness holidays, has released its all-new global website, providing a great resource for entrepreneurs looking to get away while looking after their health and fitness.

In 2010, Paul Joseph and Adam Heathcote created the business out of their passion for health and fitness travel by offering bespoke holidays to improve people's wellbeing and helping them to lead happier and healthier lives.

Health and Fitness Travel creates tailor-made packages, handpicked by their team, together with exclusive and added value packages with the best deals.

The firm also has its own collection of trademark healthy holidays in various destinations which include Fusion Fitness, Mindful Triathlon, BodyBreaks and Discover Recover.

Paul Joseph, co-founder of Health and Fitness Travel, said: "We continually strive to evolve and provide the best service possible and expand our offerings to the diversifying needs of our clients.

"Having a global-friendly website allows us to spread our passion for travel and well-being, placing us one step closer to achieving our mission of improving the lives of 100,000 wellness travellers by 2028."

So do you fancy a health and wellbeing holiday before this summer is over? Here are a few top picks from the Health and Fitness Travel website.

### **The Retreat, Costa Rica**

A private haven perched on the sloping hillside of a quartz mountain, The Retreat Costa Rica is both intimate and calm with only 11 rooms. This transformational retreat was founded by life coach, celebrity chef and best-selling author Diana Stobo to provide a place that epitomizes well-being and promote a natural approach to addressing health issues. Through its six core tenets of stress reduction, cultural involvement, gentle physical activity, spiritual connectedness, wellness recovery and organic eating, embark upon a journey that will lead you to a balanced and healthy lifestyle.

### **Svarga Loka, Bali**

Set on the riverbanks of the spiritual Campuhan river in Ubud, Svarga Loka caters to the discerning needs of wellness travellers, providing a sacred place to reflect and rejuvenate. With various programs and visiting international experts, focus on any wellness goals, from mindfulness, weight management to detox and holistic healing. You can experience luxury accommodation and a range of activities including yoga, meditation, workshops and spa therapies. Svarga Loka not only offers a tranquil sanctuary but also provides guests with invaluable skills and knowledge to continue their transformation journey long after their stay.

### **Quintessence Retreats, France**

Journey to the enviable address of Courchevel, located at the heart of the French Alps in the world's largest ski area, for a unique fitness journey with a touch of luxury. This retreat espouses an active lifestyle through a combination of sports, functional fitness, nutrition, and an atmosphere of an exceptionally beautiful environment. After every action-packed session, head to the social dining area to refuel with a healthy meal, prepared by in-house chefs. Bathe in the cool, crisp mountain air as you explore the serene surroundings and later end the day with a rebalancing yoga and meditation class.

### **Baobab Suites, Tenerife**

A fusion of luxury and minimalism, Baobab Suites boasts elegant apartments with floor-to-ceiling windows and efficient facilities perfect for your all wellness pursuits. This retreat follows a well-balanced approach to wellness with active fitness sessions and soothing wellness and aesthetic treatments for recovery and relaxation. Practice various forms of yoga, tone up with Pilates or boost your endurance with swimming and running with expert coaching. Throughout the day and evening, enjoy nutritious meal options to reinvigorate your body. For those who want to explore, this island escape is just a walk away from beautiful beaches and close to buzzing shopping centres.

### **Wildfitness Menorca, Spain**

Feel the freedom of nature as you escape to the Balearic island of Menorca for an exhilarating fitness and wellness retreat. Share a life-changing fun-filled adventure with like-minded individuals amidst an untouched Mediterranean coastline and surrounded by beautiful fauna. This back to nature break will leave your body charged and mind de-stressed with a plethora of outdoor activities, from sunrise yoga and circuit training to restorative stretching and massages. Combining luxe-living, exercise, mindfulness and nutrition, Wildfitness Menorca promises an all-encompassing approach to health and fitness.

### **Borgo Egnazia, Italy**

Set in a rural castle in beautiful Puglia, Italy, Borgo Egnazia finds itself quietly removed from the frantic buzz of city life. Experience wellness in the lap of luxury with private fitness sessions, lavish spa treatments and a healthy gastronomy for the senses. Following a holistic approach, indulge in an extensive list of natural body care therapies to soothe you into deep relaxation. The retreat boasts 184 rooms, which spread throughout their grounds, multiple restaurants to suit any taste buds and an array of health and wellness facilities to accommodate a wealth of complimentary activities.

### **Six Senses Kaplankaya, Turkey**

Six Senses Kaplankaya is a secluded wellness sanctuary set by the picturesque southern Aegean coast. Embrace a 'live younger, longer' attitude as you give your health a boost with a selection of indulgent spa treatments and fitness activities. Disengage from the stresses of daily life as you find your calm with sunrise yoga or a morning coastal walk, then sweat it out on a personal training session that will put you through your paces. Whatever your goals are, this Turkish getaway is guaranteed to help you take a step back and focus on your well-being.

### **The BARAI Spa, Thailand**

The award-winning BARAI Spa is the ideal destination for an all-encompassing healthy break to unwind and de-stress. Situated over acres of spectacular white sand beach, the BARAI is naturally centred on the element of water, bringing rejuvenation and healing by combining traditional Thai health rituals with contemporary western approaches. In this pocket of paradise, stay in a stunning BARAI spa suite with the luxury of your own private concierge. Whether you wish to practice yoga, kick-start your fitness or simply relax with holistic spa treatments, The BARAI has you covered.

### **REVĪVŌ Wellness Resort, Bali**

REVĪVŌ is located atop the quiet hills of Nusa Dua in the south of Bali, made up of beautifully designed suites, villas and scenic grounds. It's a holistic healing holiday with an emphasis on authentic ancient Balinese traditions. The spa boasts serene treatment rooms, contrast spa therapy plunge pools, steam rooms and a saltwater floating pool. You can also focus your fitness with multi-functional facilities that include a yoga barn, a meditation room, a Pilates studio, a fitness room, and a fifty-meter lap pool. REVĪVŌ aims to soothe the spirit, rejuvenate the body and enrich the mind.

### **Pravassa, Worldwide**

Offering wellness experiences in different parts of the world, embark on a wellness adventure designed to address your self-care needs. With their five-tenet wellness travel philosophy: breathe, move, mindfulness, nourish and experience, engage in immersive real-life opportunities with your idea of well-being in mind. You can travel on a custom itinerary or as part of their premium group retreats, and their wellness experts will be there to guide you throughout your journey. Have a taste of culture, wellness, luxury and a well-deserved down time so you can return home renewed and fully rejuvenated.

### **Ayii Anargyri, Cyprus**

A natural healing retreat located in the west of Cyprus, Ayii Anargyri boasts an inherent atmosphere for health and restoration. Choose from a variety of programs that offer different solutions to your wellness needs, including detox, weight management, fitness, and holistic healing focusing on specific health conditions like psoriasis and arthritis. You can also easily indulge in a range of different spa treatments to leave you feeling rejuvenated and refreshed. With excellent spa and fitness facilities, Ayii Anargyri provides the right space to take some well-deserved time out for yourself to completely relax and unwind.

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